

# Study Habits Checklist

(adapted and revised from *Study Strategies Made Easy*)

The way you study for tests has a lot to do with your grades. While your study skills may be good, streamlining them so that you are even more efficient will enable you to earn grades that are even better. Answer the following questions as honestly as possible in order to gain a better understanding of your own study methods.

- When do you generally study for tests?
  - \_\_\_\_\_ from the time the chapter/unit begins
  - \_\_\_\_\_ over several (more than 2) nights
  - \_\_\_\_\_ the night before the test
  - \_\_\_\_\_ just before the test (on the day of the test)
  - \_\_\_\_\_ not at all
- On average, how much time do you spend studying for each of your tests?
  - \_\_\_\_\_ less than 15 minutes
  - \_\_\_\_\_ 15-30 minutes
  - \_\_\_\_\_ 30-60 minutes
  - \_\_\_\_\_ over an hour
- What study techniques do you usually use?
  - \_\_\_\_\_ look over the chapter
  - \_\_\_\_\_ read over notes
  - \_\_\_\_\_ read the content over and over
  - \_\_\_\_\_ write new notes of the material
  - \_\_\_\_\_ use recall questions for review (self-created or from a study guide)
  - \_\_\_\_\_ use different memory techniques
  - \_\_\_\_\_ make up sentences/sayings to memorize
  - \_\_\_\_\_ have someone else ask quiz questions
  - \_\_\_\_\_ do nothing
- Where do you normally study?
  - \_\_\_\_\_ in own bedroom
  - \_\_\_\_\_ in common area at home (living room, kitchen, etc.)
  - \_\_\_\_\_ at school
  - \_\_\_\_\_ at the public library
  - \_\_\_\_\_ other: \_\_\_\_\_
- How quiet is your normal study area?
  - \_\_\_\_\_ very
  - \_\_\_\_\_ some noise
  - \_\_\_\_\_ extremely noisy
- Right after you study, do you feel confident that you know the material?
  - \_\_\_\_\_ yes
  - \_\_\_\_\_ sometimes
  - \_\_\_\_\_ no
- Right before tests, do you usually feel nervous?
  - \_\_\_\_\_ yes
  - \_\_\_\_\_ sometimes
  - \_\_\_\_\_ no
- Do you recall the information during the test?
  - \_\_\_\_\_ yes
  - \_\_\_\_\_ sometimes
  - \_\_\_\_\_ no
- Which types of questions are particularly difficult for you?
  - \_\_\_\_\_ multiple choice
  - \_\_\_\_\_ true/false
  - \_\_\_\_\_ fill-in-the-blank
  - \_\_\_\_\_ matching
  - \_\_\_\_\_ short answer
  - \_\_\_\_\_ essay
- When you get your test grades, are they usually \_\_\_\_\_ better than, \_\_\_\_\_ worse than, or \_\_\_\_\_ about what you expected?
- Which study strategies seem to be the most helpful? (See question 3 for ideas).
- How could you change your study methods to get more successful test results?